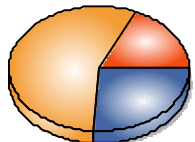




Hot Chocolate Sauce

Recipe grams: 50.33g/1.8oz

Serves 4 12.58g/0.4oz per serving



Protein: 9%
Carbohydrates: 82%
Fat: 9%

INGREDIENTS

4 tbsp COCOA, UNSWEETENED, EUROPEAN, POWDER
2 tsp BUTTER REPLACEMENT, NONFAT POWDER
1 tbsp SPLENDA BROWN
2 tsp SWEETENER, ASPARTAME, EQUAL
1 tbsp CORNSTARCH

DIRECTIONS

Combine 1/3 cup water with all ingredients in a non-stick sauce pan. Heat gently over medium high heat, stirring constantly until a uniform mixture is obtained and all ingredients have dissolved. Remove from heat.

Combine cornstarch and 2 Tbsp water in a small bowl to make a slurry. Add to cocoa mixture.

Return pan to stove and heat, stirring constantly until mixture begins to thicken.

CAUTION--Cocoa will scorch if you are not careful. Be patient, stir constantly and do not heat too quickly.

Nutrition Facts

Serving Size: 1 serving (12.6g)

Servings: 1

Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0.5g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet.	